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Put your

flag in

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and France -

and our boys

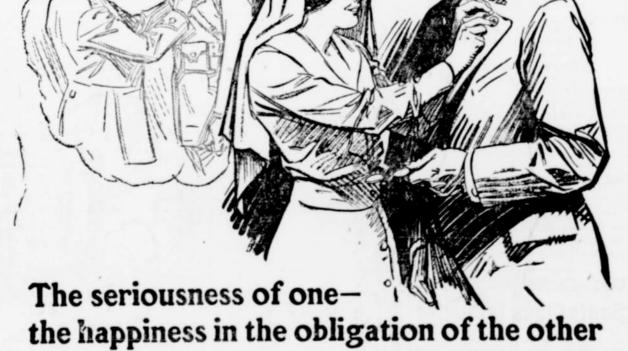
who remain

overseas.

Phones: Office 351; res. 352. Office in Ellingson Bldg. BANDON, OREGON

Canals in Sponges.

Most sponges have a canal system, and there is a continual current of sea water passing through it, always flowing in the same direction. The water is made to flow in that way by a series of peculiar cells, the like of which has not been found in any of the higher animals. The sponges depend entirely for their life on this water current



But both are badges of honor - one standing for exceptional valor on the battlefield-the other, for membership in the greatest of all humanitarian organizations, your American Red Cross.

The work of the soldier is practically finished.

The work of the Red Cross has really just begun.

Your membership and the moral support such membership gives are essential in carrying on Red Cross activities.

Let us all realize that in our happiness of another Christmas of Peace and Plenty-let us not forget Wear your the sufferings and privations of our war-torn your window friends across the sea-let us make our Christmas -let your festival a Red Cross Christmas with full member-Will you be neighbors wearing your ship in every American home. know you haven't forgotmembership



THIS SPACE CONTRIBUTED BY THE ARCADE, J. C. PAGE, Proprietor. complete census available to show ersons in each state despite the fact that ley, station director. most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several eraminations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberkeep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signa

The Surgeon General warned espe cially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages. Patent Medicines Dangerous in Tuber-

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culosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

"Careful study of the bulletin will actly the number of tuberculous per- benefit the farmer," says A. B. Cord-

Curry Bear Hunter

W. R. Coy the Euchre creek hunter who from one season to another probably kills more bear than any other man in the county, has bagged four bruin this fall and the season for them has hardly commenced. Mr. Coy does his hunting late in the fall when the bear get fat on acorn nuts, at times he gets as high as 15 gallons of grease from one animal. He likes the sport and scorns the use of a trap, always putting the bear up a tree with dogs. And no matter how far the dogs run they know that they will not be at the tree long before their master comes. It was dark, too late to see his game, when "Bill" arrived at the tree of one of the bear just killed. A fire on either side of the tree, however, kept the bruin aft until daylight disclosed his whereabouts. No matter how wild the storm, neither dog nor master shirks his part in the game .--- Port Orford Tribune.

Limit on Use of Sugar Ends

County Food Administrator Liljeqvist has received from headquarters the following notice in regard to the sugar situation: Restrictions on the use of sugar are now removed. culosis every effort should be made to | Consumers are not limited to their consumption; public eating houses are not restricted in the quantity that they may serve to the customers, the method of service is not regulated. and the dealers are permitted to sell the requirements to their customers without question.

The service of white bread is restricted to 2 ounces per person per meal, butter, 2 1/2 ounces and the service of cheese also limited to 1/2 an ounce per person per meal.

How Marry Shingles?

To figure the number of shingles a mise will require proceed as follows: Managire the length of the roof to be covered. Measure the distance from one cave over the peak to the other nve. These dimensions necessarily are in feet. Multiply the dimensions Divide by 100. The quotient will be the number of thousand shingles required. To determine the number of bundles, multiply this number ly four .- Form Life,